

# **Substance Use During Pregnancy**

**[insert presenter info]**

# **Overview**

- **Effects of Substance Use during Pregnancy**
  - **General Overview**
  - **Common Substances**
- **Managing the Risk**
  - **Self-check**
  - **Local resources available**
- **Avoiding Relapse**

# Effects of Substance Use During Pregnancy

## The Take Home Message:

- **What you do, the fetus does too.**
- **No one really knows how much is harmful.**
- **The safest bet: Don't use!**

# Effects of Substance Use During Pregnancy

## DEFINITION

- Teratogen: any agent that interferes with normal embryonic development

# **Effects of Substance Use During Pregnancy**

- **Common substances to avoid**
  - **Drugs**
    - **Alcohol**
    - **Tobacco/Nicotine**
    - **Illegal/Illicit Drugs**
    - **Medications**
  - **Environmental Toxins**
    - **Pesticides**
    - **Lead**
    - **Chemicals**



# **Effects of Substance Use During Pregnancy**

- **What are the consequences of substance use or exposure?**
  - **Complications during birth**
  - **Physical deformities**
  - **Mental retardation**
  - **Developmental Disorders**

# Managing the Risk. . .

- **Actions to take to protect yourself and the developing fetus**
  - **Stop using tobacco, alcohol, and drugs**
  - **Avoid exposure to environments where these substances are being used by others**
  - **Consult with your Health Care Provider**

# Managing the Risk. . .

- **Actions to take to protect yourself and the developing fetus**
  - **Know your environment**
  - **Limit contact with potentially dangerous chemicals**
  - **Make sure your working conditions are safe**



# Managing the Risk...

- **Local Resources Available**
  - **The TMC/MTF (your health care provider)**
  - **The MEDDAC (your OB/GYN provider)**
  - **Community Health Nurse**
  - **Behavioral Health Activity**
  - **Army Substance Abuse Prevention (ASAP) Program**
  - **The Pharmacist**

# **Avoiding Relapse**

- **Many new mothers report that they resuming substance use following delivery**
- **Particularly true of tobacco products and alcohol**

# **Avoiding Relapse**

- **It is also important to keep in mind that substances can continue to cause significant health problems to children after birth...**
  - **Transmission through breast milk**
  - **Environmental exposure to smoke**

# **Avoiding Relapse**

- **A Strategy for Avoiding Relapse**
  - **Make a plan**
  - **Return for follow-up**
  - **Tell others you quit**
  - **Ask for help from family and friends**

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